

Circle Virginia Reel

Purpose: To teach the students about rhythm and how to follow a pattern

Skills needed: Stepping, listening to the caller, memorization

Equipment: Tape & tape player

Number of students involved: Everyone

Formation: Double circle - men facing out on the inside circle, women facing in, on the outside circle

Description:

- Forward 4 steps
- Backward 4 step
- Repeat
- Right hand star
- Left hand star
- 2 hand star
- Do-si-do with partner, veer to the right & get a new partner
- Heel & toe, heel & toe (men's left, women's right)
- Slide 4 times to men's left
- Heel & toe, heel & toe (men's right, women's left)
- Slide 4 times to men's right
- Right elbow swing (12 counts)
- Promenade around the circle